

**IN THE BOARD OF SUPERVISORS**  
**COUNTY OF SAN LUIS OBISPO, STATE OF CALIFORNIA**

\_\_\_\_ day \_\_\_\_\_, 2015

PRESENT: Supervisors

ABSENT:

**RESOLUTION NO. \_\_\_\_\_**

**RESOLUTION RECOGNIZING SEPTEMBER 2015 AS  
“NATIONAL RECOVERY MONTH” IN SAN LUIS OBISPO COUNTY**

**WHEREAS**, the 2015 National Recovery Month theme “Join the Voices of Recovery: Visible, Vocal, Valuable!” highlights opportunities for recovery education, support and celebration. This theme encourages communities to: be visible by knowing the prevalence of mental and/or substance use disorders; be vocal by noticing warning signs and symptoms; and be valuable by raising awareness of the resources available to help; and

**WHEREAS**, our citizens must be “Visible” educating our communities about the importance of support systems. Recovery is defined as a process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential; and

**WHEREAS**, our citizens must be “Vocal,” by connecting those in need to treatment services. Recognizing the signs and symptoms of a mental health and/or substance use disorder is the first step toward getting help; and

**WHEREAS**, treatment and recovery support services are “Valuable.” Intervening early, before behavioral health problems progress, is among the best and most cost-effective ways to improve health. Proven and effective treatments include behavioral treatments, medication assisted therapy and recovery support services; and

**WHEREAS**, behavioral health is essential to one's overall wellness; and

**WHEREAS**, on average, more than 33,000 Americans died each year between 2001 and 2009 as a result of suicide – more than 1 person every 15 minutes; and

**WHEREAS**, by 2020, mental and substance use disorders will surpass all physical diseases as a major cause of disability worldwide; and

**WHEREAS**, the first behavioral health symptoms typically precede a mental and/or substance use disorder by two to four years, offering a window of opportunity to intervene early and often; and

**WHEREAS**, each year millions of Americans experience mental and/or substance use disorders. Knowing that there are peers to help in the recovery journey can be immensely empowering, facilitate recovery and reduce health care costs; and

**WHEREAS**, peer recovery supports self-efficacy through role modeling by those who have traveled the same path. Ongoing peer recovery support can help individuals regain meaning, purpose, and positive social connections; and

**WHEREAS**, in order to help more people achieve and sustain long-term recovery, the U.S. Department of Health and Human Services (HHS), the Substance Abuse and Mental Health Services Administration

(SAMHSA), and the County of San Luis Obispo Board of Supervisors invite all citizens to participate in National Recovery Month.

**NOW, THEREFORE, BE IT RESOLVED** by the Board of Supervisors of the County of San Luis Obispo, State of California do hereby proclaim the month of September as “National Recovery Month,” and call upon the people of San Luis Obispo County to observe this month with a renewed focus on being visible, vocal and understanding of the value of meeting the current and future needs for treatment and recovery support services in San Luis Obispo County.

Upon motion of Supervisor \_\_\_\_\_, seconded by Supervisor \_\_\_\_\_, and on the following roll call vote, to-wit:

AYES:

NOES:

ABSENT:

ABSTAINING:

The foregoing resolution is hereby adopted:

\_\_\_\_\_  
Chairperson of the Board of Supervisors

ATTEST:

\_\_\_\_\_  
Clerk of the Board of Supervisors

BY: \_\_\_\_\_ Deputy Clerk